



Type 8 – EXAMPLE FEAR FORM



Fear	What I Do In Response	How What I Do Makes Me Feel	How What I Do Affects Others	What Would GOD Have Me Be
Fear of betrayal	I test others' loyalty, control relationships, and avoid vulnerability.	I feel guarded, isolated, and distrustful.	Others feel shut out, untrusted, and manipulated.	Open to trusting God and others while setting boundaries.
Fear of losing control	I micromanage, dominate situations, and resist collaboration.	I feel stressed, controlling, and resentful.	Others feel stifled, resentful, and controlled.	Trusting God to guide me and letting go of control.
Fear of appearing weak	I suppress emotions, become aggressive, and avoid vulnerability.	I feel tense, emotionally repressed, and isolated.	Others feel disconnected, intimidated, and distant.	Confident in showing emotions and trusting God's strength.
Fear of being dominated	I resist authority, become combative, and control interactions.	I feel defensive, combative, and isolated.	Others feel uncooperative, combative, and intimidated.	Willing to collaborate and trust in God's protection.
Fear of failure	I avoid risks, control outcomes, and become overly competitive.	I feel pressured, controlling, and limited.	Others feel overly focused on control, and pressured.	Willing to fail and grow through God's guidance.
Fear of dependence	I overwork, avoid delegating, and control tasks.	I feel self-sufficient, burdened, and isolated.	Others feel untrusted, and that their abilities are not respected.	Secure in asking for and receiving help.
Fear of being dismissed	I react aggressively, dominate conversations, and control interactions.	I feel defensive, aggressive, and misunderstood.	Others feel attacked, misunderstood, and dismissed.	Confident in my value, even when others don't acknowledge it.
Fear of uncertainty	I try to control every aspect, resist change, and become rigid.	I feel stressed, controlling, and rigid.	Others feel micromanaged, untrusted, and stifled.	Trusting in God's plan even in uncertainty.
Fear of being insignificant	I dominate conversations, control situations, and seek constant influence.	I feel powerful, controlling, and dismissive.	Others feel overwhelmed, dismissed, and controlled.	Secure in my worth without needing constant validation.